



FRIENDSHIP FORCE OF UTAH

www.thefriendshipforce.org

www.friendshipforceofutah.org

September-October, 2016

Friendship is like a beautiful garden. . . The more you put into it, the more it grows.

Author unknown

Come to our September 20th social to greet old friends & make new Friends,

6:30—7:00 PM

Members, please bring finger food.

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September 20, 2016

Exploring Utah

Denice Wheeler

Where: City-County Government S Bldg
2001 South State Street, SLC

Time: Social	6:30
Business Meeting	7:00
Program	7:20

Why spend car gas, hotel costs etc. etc. when you can have a fabulous mini-vacation in your own area for much less? Denice Wheeler has written a book called "Fascinating Stories from Utah, Wyoming and Idaho" The book is sold out but the adventures in the book have been organized in order for you to take a one day vacation seeing historic sites, fabulous scenery and introductions to people and places in a wide variety of areas near you. She will introduce you to things you have never known about your own state and the surrounding states and put together so you can follow the stories during your mini-vacation. Books are available at outlets along the way.

About our Club

Club meetings are held the third Tuesday of January, March, May, July, September and November at 2001 South State Street, SLC. Use the East entrance at the north end of South Building where free parking is available. If the door is locked, go to the North building, sign in and get directions to the Atrium.

Social, 6:30 PM; Meeting ,7 PM

2016 Officers & Board Members

President — Judy Cohen

UtahFriendshipForce@gmail.com

judycohen@xmission.com

Vice-Pres Programs — Kathleen Mason

kcmason1@msn.com

Secretary — Nona Bressler

don_nona@centurylink.net

Treasurer — Doug Ingraham

ingrahamboes@gmail.com

Social Chair — Betsy Heath

elizabethsaltlak@aol.com

Membership Chair —Jennifer Allred

AllredJennifer@gmail.com

Historian — Lotti Wann

lottiw@gmail.com

Alternate Social Events — Susan Hilton

susanehilton@gmail.com

Past President — Margret Boes-Ingraham

ingrahamboes@gmail.com

Newsletter Editor—Dana Hughes

dana92141@comcast.net

Calendar of Events

SLC Activities

October 20, 2016

Garden After Dark, Red Butte Garden

December ?

Christmas Party, La Puente Restaurant

Conference

September 15-19, 2016

FFI 2016 World Conference,
Marrakesh, Morocco

Incoming Exchanges

September 24—29:

Peaks to Plains Global Exchange
Extension

July, 2017: Brisbane, Australia

National Outgoing Exchange

Jan/Feb, 2017 Santa Barbara, CA

International Outgoing Exchange—2017

France exchange canceled.

Hello from one of our Ukraine Visitors

Hello, dear Dana! How are you? How your life. Hope all is nice. Month ago I was in my favorite Carpathian mountains. Want to show you :)

<https://www.youtube.com/watch?v=t9GytJDt09Q>

Tell "hello" from me to all american friends. Miss you and remember you!

Mariia Domanska

FF-Utah - President's Message

I hope everyone is enjoying the cooler weather September has brought us. Along with a change of seasons Friendship Force International continues to introduce some changes to the nature of Friendship Force travel. In August our club received an "Inbound Hosting Availability Form for 2018". It asks if we are able and willing to host an inbound global themed exchange. For some of us this is a new kind of an exchange. Rather than a club-to-club exchange, the global exchange is open to ambassadors from around the world. Friendship Force International's definition of a global themed exchange reads: *Global Themed Exchanges are designed to allow clubs to invite ambassadors from around the world to visit their regions with a focus on a specific theme. Participants make their own travel arrangements to and from the host community and the entire planning process is completed by the host club. Global exchange participants are recruited with assistance from Friendship Force International.*



I presented the concept of a global themed exchange to the board at our August, 2016 meeting and all agreed that we should host such an exchange in 2018. We will have an opportunity later this month to participate in a global themed exchange, i.e. the "Peaks to Plains" exchange hosted by Wyoming, Colorado, and Utah. FF of Utah's part in this exchange will run from September 24 through September 28. We will be hosting 17 of the 20 plus ambassadors from the "Peaks to Plains" exchange. Margret has done a yeoman's job putting together a great itinerary for our guests during their time in Moab and Salt Lake City. Many of our members are joining in by home hosting, day hosting, and dinner hosting. Please join them and our 17 ambassadors for a potluck celebration on the evening of Wednesday, September 28th at the Salt Lake County Complex. This is another gift from September, the chance to get together twice in this month. First for our general meeting on Tuesday, September 20th and the following week on September 28th.

Judy Cohen

Friendship Force Values

Mutual Respect

Cultural Diversity

Cultural Exploration

Service

Committee Reports

Treasurer Report— Doug Ingraham

Checking account at \$3346.29

Membership Chair—Jennifer Allred

Dear Friends,

I want to thank all those of you who forwarded my email invitation to friends who might be interested in joining our club. We did get a new member at our first event: Lynn Muller, a former nurse who volunteers at Red Butte Gardens with Margret. Please be sure to welcome those guests who come to our second recruiting event just before our potluck and meeting on September 20th. If you can, bring a friend to the meeting early, about 6 PM, and there will be information for them.

Also I will have more of the FF business cards which you can pass on to friends who might be interested.

On another note, I will be asking for renewals at the November meeting. Our dues will remain the same for 2017 with one caveat: there will be no discount for couples, and \$15 for additional family members. The membership fee is \$30 per person.

Alternative Events—Susan Hilton

In August, thirteen of us met at the Jasmine restaurant in Holladay. We sat out on the patio and enjoyed the cool breeze and the stream that runs through the property. One of the employees talked to us about the food traditions in China.

Our treat for October is to enjoy Red Butte Garden. We will meet on October 20th, at 6:30 for the "Garden After Dark" event. If you are interested in going, please let Margret Ingraham know. She will be able to purchase tickets at a discount because she is a member. The price is \$6.

Friendship Force Logo



This logo represents who and what Friendship Force is today. It was designed by Iconologic in Atlanta, Georgia.

The multiple colors connote diversity. Not just two people shaking hands but people of many skin colors coming together. It is an intentionally abstract symbol meaning it can suggest to each person what speaks to them. It is doves of peace. It is people joining hands. Or, it is simply an energetic, sparkle of fun. An invitation into the world of friends to get to know us better.

Friendship Force Motto

Explore

Understand

Serve

After four years of travel our Friendship Force “Bug” is now in Salt Lake City

In August of 2012 Margret and I joined a Friendship Force exchange with the Eastern Washington-Northern Idaho club to the Capital of Canada. The exchange was hosted by the Friendship Force of Ottawa, Canada.

In preparation for the exchange we created a travel bug. This “bug” is part of the experience of Geocaching in which a trackable tag is attached to an item that is added to a hidden cache that has to be found by using the GPS coordinates posted to the internet site of geocaching.com by a Geocacher who has hidden an object and given clues to where it can be found.

The trackable has instructions as to where it needs to be sent after being found. In our case we created the travel bug with the following instructions:



Salt Lake City, Utah USA Travel Bug

Can you help me out? I am trying to get to Salt Lake City. I was traveling with The Friendship Force, it is a GREAT way to travel too! Check out the web site www.thefriendshipforce.org. It will change the way you see the world. Thanks for the ride!

Hikerski Hikerski is our Geocacher name and this is how we sign our logs.

We then, with the help of Eve Elliott our Friendship Force host, added the “bug” to a cache in the country-side near Ottawa, Canada. The cache we used was in a big tree with a nice hole in the trunk about six feet off the forest floor. After finding a cache, a log is posted to the web-site detailing who found the cache, where and if the “bug” is moved.

Within a couple of days another Geocacher found the cache and our “bug” and moved the “bug” to a different location. The log was posted and recorded on the Geocaching web site.

Over the course of four years this happened 381 times as the “bug” traveled from Canada to the several Northeastern states, then to Florida, Texas, California, Nevada and finally arriving in Salt Lake City on August 25, 2016. We received an e-mail from geocaching.com that the “bug” had been deposited in a cache in Salt Lake City. We then used the GPS coordinates to find the cache which turned out to be in the Tourist Center in the Salt Palace.

Four years, 381 moves and 14,100 miles of travel.

It was a great exchange and a wonderful Geocaching experience.

**For more information on Geocaching go to
geocaching.com.**

Doug Ingraham



Peaks to Plains Utah Extension

Itinerary: Arches National Park & Pack Creek Ranch September 24-26

Day 4: September 24—Saturday

3:00 Aprx meet Utah Hosts at Red Cliff Lodge - Hwy 128, Moab

Tour Museum of Film & Western Heritage

4:00 Leave Red Cliff Lodge for short drive to Pack Creek

Dinner at Ranch

Day 5: September 25—Sunday

7:50 Arrive at Red River Adventures—1140 So Main, Moab

Spend Day on Tour and Hike in Arches National Park

Lunch provided by Red River Adventures

4:30 Aprx Return to Pack Creek Ranch for dinner

Day 6: September 26—Monday

Check out of Pack Creek Ranch

Enjoy Moab or other options enroute to Salt Lake

Late afternoon: Meet Utah Home Hosts in Salt Lake City

All Club Members and Friends,

The Peaks to Plains Global Exchange will make it's final stop in Salt Lake City September 27th & 28th, Tuesday and Wednesday. The Theme of our portion of this visit is:

Light the Fire Within -- Olympic Memories

We will **welcome** you at any of the Utah activities on the itinerary for the 27th and 28th.

If you are interested in going on the bus tour on Tuesday the cost is \$20.00. Please pay Margret as we have a special rate and all the riders must be paid for at one time.

The tour at the Olympic Park is \$5.00 and you may purchase your ticket online for the 11:00 tour. Please let me know if there are no tickets available and we may be able to get you a ticket. Other events are complimentary. Lunches are on your own.

We will love for you to join us.

For the pot luck on Wednesday Homemade Italian subs will be provided, please bring a salad or desert to share.

Anytime you are with any of the ambassadors please share any Olympic Memories you have especially of the 2002 Salt Lake Olympics.

A BIG thank you to our Home Hosts, Day Hosts, Dinner Hosts, Cooks and those that helped in some way. As the saying goes it takes a village...it really takes each one of us contributing to make a visit happen and be successful.

Any questions, please call Margret

[801-424-2850](tel:801-424-2850) or [801-403-6463](tel:801-403-6463) C

Peaks to Plains Itinerary: UTAH September 26-29

Day 6: September 26—Monday

Late afternoon arrive at your final host home in Salt Lake City area

Have dinner & relaxing evening with hosts

Day 7: September 27—Tuesday

10:50 Guided tour of Salt Lake City in an open-air bus

Meet bus at Welcome Center 90 S West Temple

12:30 Ambassadors exit bus at Gateway Mall & meet for lunch at Olympic Fountain

2:50 Visit International Peace Garden with docent

W Corner Jordan Park—900 W 1000 So (front gate)

Evening free with host

Day 8: September 28—Wednesday

10:50 Olympic Park in Park City

Exit 145 on I-80 Kimball

Free museums may be visited anytime after 9:00 A.M.

12:30 Lunch on Main Street, Park City

2:30 Tour Paralympics Nat'l Ability Center Venue

Bronfman Family ranch, 1000 Ability Way

6:30 Club Pot Luck

The Atrium, SL County Gov Ctr

2001 So State St, SLC Free Park No end of South Bldg

If door locked, go to North Bldg, sign in & get directions

Day 9: September 29—Thursday

Depart for home or next adventures—Bon Voyage!



**Peaks to Plains
Planning Committee Meeting
August, 2016**

Thanks to all members who have and are helping with the Peaks to Plains Exchange.

Planning Committee Members:

Jennifer Allred	Judy Cohen
Lotti Wann	Betsy Heath
Rose Novak	Kris Hill
Margret Boes-Ingraham	Doug Ingraham

Hosts:

Christine Allred	Donna Jacobs
Liam Gallop	Dana Hughes
Rose Novak	Tom & Mauritia Stephens
Ron & Polly Toth	Don, Nona & Stephanie Bressler
Rick & Judy Cohen	Doug Ingraham & Margret Boes-Ingraham

Day Hosts:

Carol Milliken	Donna Mirabelli
Debbie Hann	JoDeane Cruz

Dinner Hosts:

Betty & Bruce Wycoff	Ron & Donna Smith
Bob & Karen Norris	Orion & Marge Sherwood
Eva Bates	

July 19th Picnic, Washington Park



Friendship Force Pledge

As a member of Friendship Force,
I recognize that I can make a difference,
I recognize that I have a mission.

That mission is to be a friend to the people of the world.

As I embark upon this adventure, I know that others will be watching me.
I know that through my example to my fellow citizens and the people of other nations,
The cause of friendship, love and peace can be furthered.

I can make a difference
You arrive as strangers. You leave as friends.

Friendship Force Song Version 2

(Sung to the tune of Auld Lang Syne)

Through Friendship Force we make new friends
Throughout the whole, wide world
We come to know each other's ways
We share our flags unfurled
You visit us, we visit you, We're sad to see it end
The work is now a better place
For we call each other "FRIEND"

The world is now a better place
For we call each other "FRIEND"